



# THE ENRICHMENT CENTER

1615 S. Third Street, Sanford. N.C. 27330  
919.776.0501 [www.leecountync.gov/ec](http://www.leecountync.gov/ec)

***Making Every Day a Great Day***

*N.C. Certified Senior Center of Excellence  
connecting people who are age 50 and better,  
family caregivers and veterans with meaningful  
educational and volunteer opportunities,  
increasing their access to services, benefits and  
resources and offering them tools to manage  
their health and finances.*

**Monday - Thursday 8:00 AM - 8:00 PM**

**Friday 8:00 AM - 5:00 PM**

The Enrichment Center is a focal point in the community where patrons access services and engage in activities. Programming has an emphasis on community betterment through involvement. We offer a variety of innovative programs: educational, entertaining, fitness, health and wellness.

*The mission of Lee County Senior Services  
is to fashion an achievable vision of successful  
aging in Lee County.*

*Policies and guidelines are reviewed at the time of inquiry and registration.*

*We welcome residents from neighboring counties on a space available basis and when our policies allow.*

**EDUCATIONAL OFFERINGS** Life long learning is essential for maintaining a zestful life. Classes vary from topics concerning financial planning and insurance to driver's refresher, computer, Internet/Email/Facebook, art classes, current events and dancing. Participants keep Enrichment Center staff inspired with their innovative ideas for continuing education.

The Enrichment Center Staff are available to make presentations on topics related to aging for area groups, agencies and employers. Marketing assistance is available to small businesses that wish to attract mature consumers. Industrial, business, faith community and agency/organization partnerships are welcome.

**SERVICES** Lee County Senior Services has been providing quality services for over twenty-five years in the Sanford area. Among the many services offered at the Center are:

Powerful Tools Training for Family Caregivers ❖ Nutritionally Balanced Meals ❖ Home Delivered Meals  
Transportation ❖ Volunteer Opportunities ❖ Resources for Family Caregivers ❖ Information & Options  
Counseling ❖ Home Repair ❖ Medicare Counseling ❖ Tax Assistance ❖ Advance Directives: Healthcare  
POA & Living Wills & Notary ❖ Support Groups ❖ Indigent Programs ❖ Resource Directory ❖ Senior  
Games & Silver Arts ❖ Community Outreach ❖ Grandparents Raising Grandchildren ❖ Aging Provider  
Network Public Access Computers ❖ Wireless Internet ❖ Community Events Information ❖ Employment/  
Training Information

**ACTIVITIES** The Center provides a wide variety of entertaining activities. Card Parties, games, dances, dinners with entertainment, trips, drop in activities and regularly scheduled special events are part of the weekly fare. Participants and the general public work with staff to develop innovative programming.

**FITNESS & WELLNESS on Reverse Side...**



# Wellness Works!

## We Have Something for Every"BODY" Try a Class for FREE!

**Fitness and wellness are central to many of the programs offered at The Center.**

A personal fitness trainer is available to assist you with individual fitness needs and goals.

The Enrichment Center staff work with area health care professionals to offer health fairs, health education, self-care seminars and disease prevention classes.

For complete details and to register, call or stop by The EC. Consult your physician before beginning any exercise program. No refunds on fitness classes.

Unless otherwise noted or approved, fitness and wellness programs for age 50+ and Lee Co. resident.

**\*PKG Package Options - Aerobics & Yoga Only**  
**Daytime Classes PKG \$30/month, \$10 discount**  
**Evening Classes PKG \$20/month, \$5 discount**

### Low Impact Aerobics & Toning Classes

**\$10 per month (\*PKG option)**

Tuesday/Thursday 9:00 AM

Monday/Wednesday 5:30 PM

### Fitness Yoga

Mondays 8:30 AM, Tuesdays 5:30 PM, Fridays 8:30 AM

**\$15 per month/one class per week (\*PKG option)**

**Fun & Fit Mondays 10:00 AM \$10 per month**

**Fun & Fit Fridays 10:00 AM \$10 per month**

Chair exercise, balance, eye/hand coordination, range of motion, brain exercise.

**Advanced Tai Chi Mondays & Fridays 11:00 AM**

**\$20 per month**

Recommended for participants who have attended Health Promotion Beginner Tai Chi Class

### Water Aerobics Held at OT Sloan Pool

**Mid May - Mid Sept., \$15/Mo. Or \$45 May-Sept.**

Monday/Wednesday/Friday 11:00 AM **OR**

Monday/Wednesday/Thursday 5:30 PM

### The Fitness Room

Monday - Thursday 8:00 AM – 8:00 PM

Friday 8:00 AM – 5:00 PM

**\$1 per daily visit – required: Lee Co. resident, equipment orientation, Lee County Govt. Employee age 18+**

### Stretch & Tone

Tuesday/Thursday 11:00 AM. **No Charge**

### Walking Trail

1/4 mile around the perimeter of the property. **No Charge**

**Drop by for shuffleboard, horseshoes, bocce and table tennis.**

**Equipment available for your use.**

**Senior Games & Silver Arts of Lee County**  
 Registration in March. Athletic and artistic events held April - May. Senior Games & Silver Arts are open to residents age 50 and better in Lee and neighboring counties. First time participant fees waived.

### **FREE Evidence-Based and Wellness Programs Led by Certified Trainers**

Contributions Accepted

Call (919) 776-0501 ext. 2201

for class dates and times.

### Diabetes

Classes and programs offered addressing today's diabetic needs.

### A Matter of Balance

A program designed to manage falls, increase activity levels and increase strength and balance.

### Powerful Tools for Caregivers

A program for family caregivers that provides participants with tools and strategies to better handle the unique caregiver challenges.

### Tai Chi for Arthritis for Fall Prevention

This beginners class is aimed at helping to increase both lower and upper body strength, as well as improve balance and reduce falls.

### SilverSneakers Fitness Location!

SilverSneakers is a fun, energizing program that helps older adults take greater control of their health by encouraging physical activity and offering social events. If you are part of a Medicare health plan or a group retiree, you may already have the SilverSneakers benefit. Eligible participants receive FREE participation in our qualifying fitness programs at The Enrichment Center.

**To enroll, provide the front desk with your Silver Sneakers card. We must make a copy of your card and verify eligibility at The Enrichment Center.**

